

LEISURE ACTIVITIES AND SERVICES





MICE ACTIVITIES IN FLIMS LAAX FALERA

Hold first-class incentives, events and team-building activities at any time of the year in the popular mountain region of Flims Laax Falera in the canton of Graubünden. During the summer, there is a fine selection of outdoor activities on offer in unique natural surroundings – from sporty to cultural to relaxing. Jovial e-bike tours and biking trails with a range of difficulty options cater to cyclists at any level. Alongside cultural attractions such as the megalithic site, there are miles of hiking paths and action-packed rafting tours through the Rhine gorge – just a couple more examples of the diverse options on offer in the region. Fun and relaxation go hand in

hand on a team visit to one of the three mountain lakes. During the winter months, visitors to the unique mountain landscape will find wide slopes and perfectly prepared snow-parks, ideal for beginners and experienced snow-sport-lovers alike. The range of options on offer during the colder months of the year does not end there – why not try out another exciting activity, such as curling, igloo building or guided Ski descents by night with the SOS team? Find out more about the individual services and offers in summer and winter, as well as the non-seasonal programme, on the following pages.

SERVICES

Transport	
Hotel reservations	
Restaurant reservations	
Lift tickets	
Equipment hire	
Airstream	🌲

SUMMER

River rafting	🌲
Kayak and funyak	🌲
Bathing lakes	🌲
Beach volleyball	🌲
Stand-up paddle boarding	🌲
Pedalo races	🌲
Hiking	🌲
Panorama platforms	🌲
Culinary trails	🌲
Guided bike tours	🌲
Scooter trail	🌲
Via Ferrata	🌲
Golf	🌲

Parc la Mutta	🏠 🌲
Visit to the cheesemaker's	🏠 🌲
BBQ/mountain lodge evening	🏠 🌲

WINTER

Ski/snowboard lessons	🌲
Freeride with mountain guide	🌲
Local guides	🌲
Ski races	🌲
Sledging	🌲
Snow shoe hikes	🌲
Winter hiking	🌲
Avalanche training courses	🌲
Ski descents by night	🌲
Igloo building	🌲
Curling	🏠 🌲
Cross-country skiing	🌲
Mountain lodge evenings	🏠
Outdoor fondue	🌲

NON-SEASONAL ACTIVITIES

Teambuilding/fun games	🏠 🌲
Freestyle Academy	🏠
Prau la Selva sports centre	🏠 🌲
High-rope course	🌲
Mirasteilas observatory	🌲
Museum	🏠
Brewery tours	🏠
Cocktail classes	🏠
Cookery courses	🏠
Torch-lit hikes	🌲
Gondola speed dating	🌲



TRANSPORT

The Flims Laax Falera region is easy to reach. Upon request, the comfortable airport shuttle will pick you up from the Zurich or Friedrichshafen airport. In just an hour and 45 minutes you and your group will arrive directly at your hotel, so you can look forward to a stress-free journey without a care in the world. If you prefer to arrange travel to the hotel yourself, you can choose between taking the train to Chur and then a PostBus to the resort or simply bringing your own vehicle. Our free shuttle service provides quick and easy transportation within the resort, so you can be sure of reaching your next activity on time, wherever it might be. We can also organise private transport for you.

HOTEL AND RESTAURANT RESERVATIONS

The region has a selection of different accommodation types – you're sure to find the perfect venue for every occasion. The full range of options awaits guests: from modern hotels with comfortable dorm rooms or cosy single rooms, to stylish design resorts with first-class apartments. Six hotels, each with a different focus and design, are ready to welcome discerning guests of every taste. We are also happy to help with reservations and advice, and of course, the same goes for our restaurant service. Whether you're looking for traditional Swiss, Italian, Spanish or Asian cuisine, or delicious meat specialities hot from the grill, culinary diversity here at the resort knows no bounds!

LIFT TICKETS AND EQUIPMENT HIRE

Many of the incentives, events and team-building activities take place right in the breathtaking mountain landscape of Flims Laax Falera. Lift tickets are therefore indispensable both in summer and in winter. To ensure that you're well prepared and can avoid lengthy waiting times, we will order the required number of tickets for you prior to your arrival. You can then pick these up upon check-in. There are also attractive discounts for groups. To ensure that every day trip is a success, we can arrange equipment hire for a range of different sports. We can also offer advice and a reservations service – everything under one roof – before you set off. You won't need to worry about a thing – simply make the most of your day from start to finish together with your team.



AIRSTREAM: FOOD TRUCK

Our shining silver Airstream goes wherever there are hungry outdoor adventurers to be found, but it is more than a mere snack van – on board you will find meals of the highest quality. Your every culinary desire can be catered for: from Italian pasta to Asian dishes, anything is possible.



RIVER RAFTING, KAYAK AND FUNYAK

During the summer months, there are plenty of incentives, events and team-building activities on offer in the unparalleled natural setting of the Flims Laax Falera holiday region. The impressive Rhine gorge, between Ilanz and Reichenau, is the perfect setting for a unique outdoor adventure: river rafting. A tour of the Anterior Rhine will help cement bonds within your team. A kayak lesson will also help to improve team spirit. You'll learn how to do an Eskimo roll and how to use the current to your advantage in order to reach your destination. No experience? No problem! That's what funyak is for. It's an inflatable kayak that is very easy to master and guarantees great fun – as the name suggests!

BATHING LAKES, BEACH VOLLEYBALL, STAND-UP PADDLE BOARDING AND PEDALO RACES

The three bathing lakes in the region, Lake Cauma, Lake Cresta and Lake Laax, offer the perfect setting for activities to enjoy together. The glorious sunshine, dark green trees and clear water invite you to linger a while and enjoy a refreshing dip. Check out the slackline set up over the water at Lake Cauma: this tightrope is a real balancing act. The turquoise blue Lake Cauma is ideal for games, sports and fun. A beach volleyball tournament on the lake shore is sure to boost moods and team spirits! A spot of stand-up paddle boarding on the lake will let you relax, while the pedalo races will not only show you all the hidden corners of the lake, but also how much strength you have in your legs. Afterwards, guests can lounge on the sun terrace on the shores of Lake Cauma. A barbecue and some cocktails will help to consolidate team spirit and are the perfect way to round off a thrilling day.

HIKING, PANORAMA PLATFORMS AND CULINARY TRAILS

Teams already work together to conquer summits during their daily office routine. In the Flims Laax Falera region, they can set off on an expedition and conquer peaks for real! There are several routes to the summit – there's a difficulty level to suit everyone, so you can take into account the strengths and weaknesses of every member. One of the highlights is the hiking network through the UNESCO World Heritage Tectonic Area Sardona – sure to hit the spot for hiking fans. Book a customised tour with a mountain guide and discover some of the most beautiful corners of Flims Laax Falera.

The different hikes lead to a selection of panorama platforms. The Il Spir platform, for example, offers a stunning 180-degree view over the Rhine gorge, sometimes referred to as the Swiss Grand Canyon. Just a few metres away, Restaurant Conn is ideally located for lunch. There's also a top-class menu on offer on the culinary trails throughout the region. You and your team will hike from course to course and can enjoy the finest specialities alongside a unique natural setting.





GUIDED BIKE TOURS, SCOOTER TRAIL, VIA FERRATA, GOLF, PARC LA MUTTA

The summer programme in Flims Laax Falera is as diverse as the mountain landscape itself. Local guides can accompany you on a bike tour and show you unique viewpoints, bring you to some of the region's hot spots, or give you tips on your technique. Feel the wind in your hair as you whiz down towards the valley on the scooter trail from Foppa to Flims, or scale steep cliff faces on the historic Pinut via ferrata. For something a little more laid-back, try a round of golf at the carefully manicured 9-hole and 18-hole courses in Sagogn. A visit to Parc La Mutta, in Falera, the largest megalithic site in Switzerland, is yet another highlight.

VISIT TO THE CHEESE- MAKER'S AND BBQ/MOUNTAIN LODGE EVENING

Have you ever wondered where delicious Swiss mountain cheese comes from? Take a tour of the cheesemaker's on Alp Nagens where the locals will let you in on the secrets of cheese production. Afterwards, you'll be able to taste the specialities at Restaurant Stalla, located just next door. There are plenty of delicious treats to be had in the region – how about a BBQ/mountain lodge evening at Tegia Larnags after a long day of meetings? It's the perfect way to round off the day with your work colleagues or clients.

SKI AND SNOWBOARD LESSONS

LAAX is well known as, and has been voted repeatedly Europe's best ski resort. It's an ideal resort destination, whether you're a beginner or experienced, a professional or a freestyler. Group lessons, private lessons and freestyle lessons are available for both ski and snowboard. Participants can improve their skills in a fun environment under professional guidance on superbly prepared pistes – every incentive, event or team-building activity will be a guaranteed success. Looking for even more? Then try an off-piste freeride tour with one of our mountain guides. Thrills are guaranteed! Exploring the ski resort with local guides is another one of our highlights. During the guided tour, they'll share their insider tips and show you some of the region's hidden gems.





SNOW SHOE HIKES AND WINTER HIKING

Skiing, snowboarding and sledging aren't the only activities on offer in LAAX that will have your office talking for months afterwards. A guided snowshoe walk opens up the breathtaking natural landscape for you to enjoy with your team – snow-covered mountainsides, frozen mountain lakes and wild animals are all included. Our winter hikes are a real classic, popular with visitors both young and old. Come along and explore the ski resort accompanied by a hiking guide on 100 kilometres of trails.

SKI RACES AND SLEDGING

Do you and your team love to get a piece of the action in the snow? No problem! Organise your own ski race at our ski resort. Measure up against one another in terms of speed and agility – who will be crowned winner in the end? There's also plenty of fun to be had sledging so come and rediscover your childhood. Day or night, you're sure to get your adrenaline fix on the sledging slopes. With perfect lighting along the sides of the slopes, you can also enjoy a thrilling group event after night has fallen.

AVALANCHE TRAINING COURSES, SKI DESCENTS BY NIGHT WITH THE SOS TEAM AND IGLOO BUILDING

Are you looking for that special something for your event? Then LAAX is the right place! We are available to assist in planning a programme of events tailored especially for you. During the avalanche training courses with the SOS team, you'll not only learn the basics of evaluating the snow situation, you'll also find out the best way to react in dangerous situations. An exclusive Ski descents by night with the SOS team can also be booked. Torches and headlamps will light the way down to the valley. For a team-building event with a twist, why not try your hand at building an igloo or a snow bar? Team cohesiveness, skill-sharing and lending a hand are the order of the day.





CURLING AND CROSS-COUNTRY SKIING

How about a round of curling? It's the ideal way to raise team spirits. There's no need to be an athlete in order to play curling: this traditional winter sport is easy to learn and guarantees fun right from the get-go. Alternatively, you can hone your cross-country skiing technique on over 55 kilometres of groomed trails.

MOUNTAIN LODGE EVENINGS AND OUTDOOR FONDUE

After an eventful day in the snow, be sure not to miss the opportunity to bond with your team! Enjoy an evening in a mountain lodge with a unique atmosphere at Tegia Larnags. On the menu you'll find fondue, capuns and other regional specialities. You can also enjoy a traditional Swiss fondue under the open sky simply book our outdoor fondue to enjoy a meal over an open fire, right in the heart of the snowy winter landscape. It's sure to be an unforgettable evening for everyone! The transport service to the Ustria Startgels mountain restaurant is something a little out of the ordinary: the snow groomer brings visitors up to the cosy restaurant for dinner, where a delicious five-course meal awaits.



TEAMBUILDING AND FUN GAMES

There are plenty of team activities to be enjoyed in Flims Laax Falera, whatever the time of year. One of the highlights is the Lego Serious Play (LSP) with our certified LSP moderators. The workshop is a creative approach for participants to develop new business strategies, improve collaboration within their team, or analyse crisis situations in a solution-oriented manner. Our fun games also improve relations and communication within groups. Simply construct your own daily programme from our range of different fun games. For example, solve exciting team tasks such as the GPS orienteering game, or organise your own fun Olympics with plenty of exciting disciplines.



FREESTYLE ACADEMY, PRAU LA SELVA SPORTS CENTRE AND HIGH-ROPE COURSE

Completely covered, and therefore ideal for rainy days, Europe's first freestyle hall, the Freestyle Academy, is the perfect venue for a range of different incentives and team-building activities. The introductory course alone provides a ton of fun and action – daily life in the office will soon be a distant memory! The Prau la Selva sports centre also offers a selection of options, including minigolf, tennis, skating and ice skating. The high-rope course just next door provides a direct hit of adrenaline for climbers with unforgettable moments guaranteed!

MIRASTEILAS OBSERVATORY, MUSEUM AND BREWERY TOUR

Alongside the programme of sporting activities, there is also a range of cultural activities on offer to make your firm event a roaring success. At the Mirasteilas Observatory, the audience can plunge into the infinity of the universe. The highlight: a glance through the largest publicly accessible telescope in Switzerland. If it's raining or if you'd simply prefer something a little more cultural, the Gelbe Haus (Yellow House) museum by Valerio Olgiati is where you should direct your sights. This gem has won prizes for its architectural design and is home to a wide range of different exhibitions. There's plenty to learn on a tour of the brewery in Flims. Find out all about how the amber nectar is made – and have a taste as well.



COCKTAIL CLASSES AND COOKERY COURSES

Who among us has never wished to master the art of cocktail-making? Book a cocktail class with us and create your own exciting and unusual drinks together with our trained bar staff. Themed tastings can also be arranged in our comfortable smoking lounge. Looking for something more? Take a cookery course with your team in our professional kitchens!

TORCH-LIT HIKES AND GONDOLA SPEED DATING

A unique atmosphere with simply unforgettable moments: whether it's summer or winter, come and enjoy a torch-lit hike through the local area. The route will be tailored to meet your requirements and can also take in a culinary break at one of the mountain restaurants if so desired. One activity that's guaranteed to break the ice between colleagues, as well as clients, is speed dating during a cable-car ride from Laax via Larnags to Curnius. Teams can get to know each other a little better in an easy-going and laid-back environment. The exciting cable-car ride can also be combined with a drinks reception and selection of snacks.



Contact details

WEISSE ARENA GASTRO AG
EVENTS

VIA MURSCHETG 17

CH-7032 LAAX

+41 81 927 71 67

EVENTS@LAAX.COM